



# THE FLYER

Salisbury University's student voice

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Brittany Bursa photo

Candidates talked with Salisbury students about their politics, plans, student-specific issues and how to register to vote in the upcoming Oct. 14 elections.



Brittany Bursa photo

To help aide students in their choice for elections, pamphlets and brochures were available with further information about candidates.

BY SHANNON WILEY

News Editor

@TheShannonWiley

Salisbury University students had the opportunity to talk to state and local political candidates on Thursday in Red Square at the Candidate Meet and Greet sponsored by the Institute for Public Affairs and Civic Engagement.

"We're trying to encourage students to be more active by interacting and meeting candidates," PACE Interim Managing Director Robby Sheehan said. "Get to know your elected officials, talk through issues with them (and) ask questions."

State candidates were present including representatives from Republican Larry Hogan's gubernatorial campaign, current District 37B Delegate Norman Conway who has been in

office since 1987, Republican Carl Anderton Jr., Republican Beth Carozza, Democrat Judy Davis, current District 37 Delegate Addie Eckardt who has been in office since 1995, Republican Chris Adams, Democrat Keasha Haythe and Republican Johnny Mautz. Positions candidates are running for include delegates for District 38B, District 38C, District 37 and District 37B.

Local candidates included current County Executive Rick Pollitt (D-Md.) who has been in office since 2006, Republican Bob Culver, MJ Caldwell (Md.), Republican John Cannon Democrat Laura Mitchell. These candidates were running for county executive, wicomico county circuit court judge and Wicomico County county council at-large.

Candidates had tables with information, signs, pamphlets and stickers to support their campaign. Some tables also featured free pizza provided by PACE.

Candidates were well prepared to advocate for issues that directly impacted college students.

Anderton, who greeted students with a high-five, said that the most important issue for students is finding jobs after they graduate and would like to provide more opportunities for graduates to be able to stay and work in Salisbury.

"We have great facilities for you to get a degree, but don't provide anything for you after," he said.

To do this, Anderton plans to make Salisbury more attractive to businesses by competing against surrounding states with tax rates while also expanding tax credits, a system that has been put in place and so far been successful in New York.

"We don't have to recreate the wheel, we've

## PACE candidates inform SU students on campus

already got it," he said. "We just have to roll it."

Culver and Adams agreed. Culver said that the community has to provide more job opportunities to keep people staying in Salisbury because the city is losing too many of its graduates. To stimulate the economy, he plans to keep the agriculture industry strong, encourage tourism, hold down property taxes and ease business regulations.

Also to help the economy, Adams wanted to keep businesses in the area because "in the past eight years, we've lost 14 Fortune 500 companies and only one is still here... and they're on their way out."

As a small business man, he said he sees the need to grow small businesses by lessening regulations in state.

"It's not a question of 'if' anymore regarding whether or not a small business will fall in violation of some regulation," he said, "it's a matter of when."

Cannon added that according to the IRS, although many people may still work in Salisbury, a large amount of people are leaving to live in Sussex County in Delaware or Lancaster County in Pennsylvania.

Conway disagreed though, saying that Salisbury has a relatively good job market now.

"There are tough times everywhere and we're not doing so bad in comparison," he said. "It's better than it was."

However, he would like to continue to help the economy by educating students, being attractive to industry, providing more opportunities and continuing with self-perpetuating revitalization efforts.

"We have to convince people that this is the place," he said.

PACE also had a table at the event with registration sheets and information on how to register to vote or become re-registered in Wicomico County. Although candidates were very encouraging of students re-registering, Sheehan said this was not as important to him because it is a personal choice.

"As long as students are voting, that's all we care about," he said.

Voting will take place on Oct. 14, and students can still register to vote with information found in the PACE office.

## Salisbury University is a leader in giving food a new life

BY OLIVIA KLOCK

Staff Writer

@oliviacklock

Salisbury University is a leader in food waste recycling, according to the Maryland Department of the Environment (MDE).

SU recently announced that the MDE released an article highlighting that in 2013, SU recycled about 53.2 pounds of food waste per student – more than several other University System of Maryland colleges, including the University of Maryland College Park and

Towson University.

The documented number includes food waste originating from preparation and scraped from returned dining trays, food-contaminated cardboard, coffee grounds, compostable serving ware, used napkins and paper cups.

Student Government Association Vice President of Sustainability Adam Phipps-Dickerson said seeing SU's dining facilities take an initiative to be eco-friendly makes him excited for the campus' future.

Now that the university itself has made

strides in sustainability, Phipps-Dickerson said he hopes students across campus will be inspired to be more mindful of the things they throw away.

"This is a huge honor for our school, and after all, our school is here to teach us, so I hope we can take education outside of the classroom and inspire students to be more mindful of recycling products we use on a daily basis," he said.

Waste is gathered not only from SU's Commons dining hall, but also from satellite and grab-and-go dining locations, as well as Cool

Beans and Gull's Nest.

"Essentially, anything that was once growing is suitable for composting," SU Sustainability and Safety Director Wayne Shelton said.

SU credits its success to having a partnership with Blue Hen Organics in Delaware, an organization that turns waste into a soil enhancer which is used to add nutrients to plants at area farms and agricultural operations including the greenhouses at SU. Through this, the campus diverts about one-third of its annual waste production from local landfills every year.

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# Punkins no longer Chunkin

BY SHANNON WILEY  
News Editor  
@TheShannonWiley

Punkin Chunkin, originally scheduled for Oct. 24-26, has been canceled for this year. "Moving an event the size of Punkin Chunkin is not easy even when time is not a factor," said John Huber, World Champi-

"I was really upset when I found out Punkin Chunkin was canceled. It's one of those events everyone looks forward to."

- Junior, Elijah Dejesus

onship Punkin Chunkin President. Although the countdown on the home page for the World Championship Punkin Chunkin Association remains counting down to the Oct. 24 date, the next scheduled Punkin Chunkin event is for Nov. 6-8 of next year at the Dover International Speedway. This venue was where it was supposed to be held this year. "I'm really upset because it's one of my favorite things to do here and it got canceled for my senior year," Alex Benda said. The association released that although they and the speedway are disappointed arrangements could not be met for 2014,

they now have the opportunity to produce a better event for competitors and guests. "Both organizations are committed to hosting the event on Dover International Speedway grounds in 2015, and with one year of lead time, we are confident we can pull off a first-class event for fans, sponsors and competitors," Huber said. "I was really upset when I found out Punkin Chunkin was canceled," junior Elijah Dejesus said. "It's one of those events everyone looks forward to." Those who have already bought tickets or camping and tailgating spots will see a refund on their credit cards within seven to 14 days. "I'm very disappointed in how late they canceled the event," sophomore Ryan Dillon said. "I was looking forward to going this year because I didn't go last year, and we already arranged busses to take us there. Now we have to cancel the busses, absorb a big fee from the bus company for canceling and now no one can go and we lost money. [It was] poor planning on the Punkin Chunkin organizers." Although much of the response has been negative, not everyone is upset about the cancellation. "I'm okay with it because it's further away, they got rid of the college section and they were going to charge 75 dollars for tailgating," senior Cameron Campbell said. "I wasn't planning on attending the event this year because I thought it was going to be terrible."

# SU on its way to earning Bicycle Friendly University Certification with new programs

BY MADELINE KELSEY  
Staff Writer

Collaboration between Salisbury University and the local group Bike-SBY has led to an increase in biking initiatives across the Salisbury area. "Universities have clout, especially in a city like Salisbury," said Emily Ranson of Bike Maryland. "When all parties start implementing bike-friendly initiatives good things start happening hand in hand." Ranson spoke alongside Matt Drew, head of the local group Bike-SBY, at the Sept. 29 Bike-friendly Business workshop at SU where Drew highlighted plans Bike-SBY has for the city and the university. One of these plans is to use revenue generated at the 2014 Seagull Century to install customized bike racks, branded with the word "bury" in several storefronts around the city. The group also received a grant from the City of Salisbury to upgrade existing bike lanes on Riverside Dr. and connect this path to the central bike route that runs from SU to the local downtown area. The city received a grant of \$50,000, as well, from the Maryland Department of Transportation to implement a Way Finding System that includes signs and kiosks to assist commuting Salisbury bikers. "In a community like ours, I thought I was the only one who did this," Drew said. "But then you all get together and you realize there is a greater interest." Drew approached the SU Student Government Association at their most recent meeting to suggest starting a Bike Share program at Salisbury University that would eventually branch out to include the rest of the city. "At this point any effort to improve biking in Salisbury is going to help all other biking efforts," said William Nelson, an environmental studies professor at SU. Nelson and colleague Thomas Horton have recently received approval from the environmental studies program director Michael Lewis to teach a bicycling-oriented course for the summer of 2015. The course will take students bicycling around the Chesapeake Bay watershed on the East Coast Greenway, an in-progress bike and walking path that connects most major cities along the east coast of the US. The professors plan to include a two-week ride along the Susquehanna River and to end the course with a single day 101-mile trek back to SU. For these rides students will be required to carry all their supplies with them as they bike. "When you're on a bike it becomes a lot harder when you're carrying your own stuff," Nelson said. "But then you start to think about it and you learn to pack lighter." Adding biking related classes to the universities' course catalog is one of the requirements for becoming certified by the League of American Bicyclists as a Bicycle Friendly University. This certification requires universities to take several steps to encourage staff and student biking on campus, including access to infrastructure that supports biking and enforcement of road safety laws. The League of American Bicyclists also has certifications for bicycle friendly communities and businesses. Bike-SBY is hoping to make Salisbury the first city on the eastern shore to receive the Bicycle Friendly Community certification. There are currently 12 Bicycle Friendly certified communities in Maryland and only one certified university, the University of Maryland College Park. "The eastern shore is flat," said Ranson. "There is no reason people shouldn't be biking everywhere." Apart from their improvements to the city bike routes, Bike-SBY has also created the Bike Friendly Merchant program that is unique to the Salisbury area. This program requires local businesses that participate to provide parking for bicycles near their stores and an incentive specifically for bikers. Currently 12 Salisbury businesses belong to the program including Rise Up Coffee, Specific Gravity and Evolution Craft Brewing. "The more of our stickers we put up in different stores the more people started asking about the program," said Drew.

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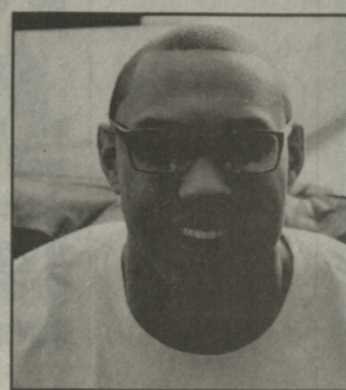
## Overheard: What is your opinion on Maryland decriminalizing small amounts of marijuana?



"People are using marijuana whether or not it is legal, so I think this is a good thing for a lot of people." - Amanda Merryweather, sophomore



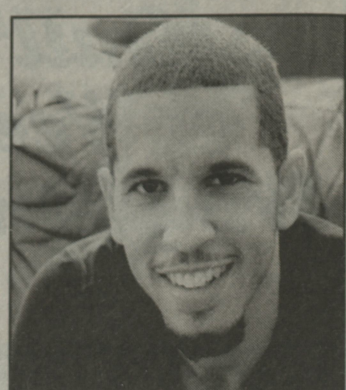
"Decriminalizing marijuana stops a lot of people from getting in trouble, because it is something that people are using whether it's legal or not." - Courtney Sunderland, sophomore



"I would ask questions in response to the decriminalization, like why is it being decriminalized and what benefits would come out of it." - David Handy, junior



"I think it's a good thing. I think that marijuana is less harmful than a lot of other drugs that people use." - Hannah Riley, senior



"I don't think marijuana is more harmful than other substances like alcohol, but just like anything else it can be dangerous if people aren't careful." - Nick Sparacino, junior

## The Flyer

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.



Review of "Stalker"



BY BJ DARDEN  
Staff Writer

In an age where stalking becomes ever more prevalent due to social media, it sort of makes sense that a television network would take advantage of the issue and come out with a TV show based on the act. This is where "Stalker" comes in, a Columbia Broadcasting System (CBS) crime show from Kevin Williamson, the creator of "Scream" and the "Following."

The show picks up as new guy with a dark past, Detective Jack Larsen moves to Los Angeles after working in New York, and mysteriously requests to work in LAPD's Stalker Department specifically.

His boss is Lieutenant Beth Davis, who has a secretive past and takes stalking seriously.

The show never decides to break away from the tropes of ordinary procedural crime shows, which makes it pretty boring to watch. The show is barely discernable from any of the "CSI" or "NCIS" shows.

Everything here is completely by the books, offering barely anything new from

other crime-of-the-week television shows. When I say barely, it's because the show actually does offer some things you can't see on the other shows like it, extreme and disturbing violence.

I don't usually have a problem with violence in television, especially when it's warranted, but every single attack scene in "Stalker" seems unnecessarily and disturbingly violent. I just don't think anything warranted the gruesome levels of violence in the show.

It is in sort of a lose-lose situation where it bounces between stupidly gruesome violence and boring, uninteresting cases.

The writing is also pretty lazy, as you could blindly place it in any procedural show and I wouldn't be able to tell you the difference.

If there's any redeeming quality, it's that the acting is pretty well done. The two leads especially are able to sprinkle in some interesting back and forth interactions, but the most of the dialogue is usually so poorly written that it doesn't really matter.

Even with that, it's not going to be enough to keep me around for any longer. The show is littered with boring and uninteresting clichés which will never allow it to stand out from the crowd.

Add on to that the unnecessary violence and you get a very bad show. While it is better than unwatchable trash, the two leads are the only things that separate it from bad and god-awful. There's no reason to tune into this show, but if you want to it's on CBS on Wednesdays at ten o'clock.

The Flyer gives the "Stalker" premiere a lousy 3/10.

## China needs democracy

BY KOBI AZOULAY  
Staff Writer

China has been one of the most powerful countries in the world for thousands of years. They provided the world with gunpowder, silk and porcelain.

Despite the superpower status that China has always held, it has mostly been backed by an authoritarian leader. Dating back from the days of the Xia, China's first dynasty, to the Peoples Republic of China that rules today, the citizens have never been able to enjoy the luxury of having their voices heard.

However, it is not for lack of effort on the part of the Chinese citizens. Back in 1989 there were weeks of pro-democracy protests, ending in what is now known as the Tiananmen Square Massacre. While the death toll is not clearly known from that incident, it is estimated that hundreds or even thousands of protesters were killed by the communist Chinese government.

Could history repeat itself now in 2014? In recent days, tens of thousands of pro-democracy protesters have gathered on the streets of Hong Kong. These protests were sparked by Chinese leaders not allowing the citizens of Hong Kong to elect their own leader like they were promised when Hong Kong was given back to China from the British.

Police threw 87 canisters of tear gas into a crowd of peaceful protesters. There have also been 89 people arrested since these protests began, for charges such as forcible entry into government premises, disorderly conduct in public, assaulting police officers and obstructing police.

While charges like forcible entry into government premises and assaulting police officers are completely understandable on the Chinese government's part, the disorderly conduct in public and obstructing police seems like an excuse to simply arrest protesters to prevent the calls for democracy to get louder.

That is an outrage and the people of Hong Kong have every right to be as irate as they are. The fact that the Chinese government is responding by using force against protesters just strengthens their main argument for democracy.

No country's people deserve to have their voices silenced for as long as the Chinese population have had to endure.

As an American, I cannot imagine living in a country where protest is met with violence. I cannot imagine citizens being blatantly murdered on the streets.

To make matters worse, the Chinese government is taking action to prevent many of its citizens from even hearing about the protests.

Internet censorship officials blocked Instagram Sunday night in order to prevent images of the protests from becoming publicly seen. There are also bans on Twitter, Facebook and YouTube.

Can you imagine the outrage that something like this would cause in any democratic country? While I am sure that this has outraged some Chinese citizens, it is something that they are long used to.

The only news that the people of China have heard about the protests has come from a biased, government-based perspective.

China Daily, an official English-language newspaper, published a headline story that focused mainly on authorities opposing the protest. Ironically enough, the headline photo to that story is a picture of protesters holding umbrellas in their hands. The story gave no explanation to the fact that they were holding these umbrellas to protect themselves from pepper spray.

This kind of censorship is something that is very common among non-democratic countries, similar to Russia and to a lesser degree, North Korea.

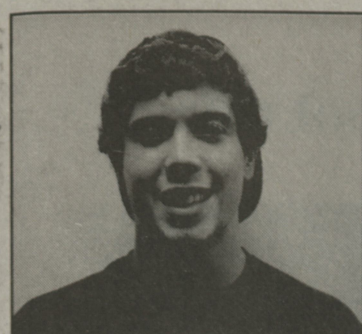
The pro-democratic protests are a step in the right direction, but censorship makes achieving this goal extremely difficult. How can more people demand change when they don't even know the whole story?

I hope that the truth reaches these citizens somehow, because they deserve freedom. It will be very important to monitor the Hong Kong protests. The way that the Chinese government responds to this situation could be monumental.

If they give in to the peoples' desire for democracy in the Hong Kong election they could avoid louder calls for democracy throughout the country. If this turns into another massacre similar to Tiananmen Square then the global outrage could reach a turning point.

Your move China.

## Curbing the Ebola risk



BY KOBI AZOULAY  
Staff Writer

Deadly contagious diseases are nothing new to the world. From the black death in the Middle Ages all the way to the avian and swine flu that hit at the turn of the century, the human race is no stranger to epidemics.

Ebola is latest epidemic to strike, and it has been spreading like wildfire. According to the Center for Disease Control (CDC) there have been 7,157 cases of Ebola in Guinea, Sierra Leone and Liberia, the three countries hit worst by the deadly virus. Of those cases, there have been 3,330 deaths, putting the fatality rate at 46.5 percent.

Now the Ebola virus has found its way to the United States. According to the CDC, a man infected with the Ebola virus in the United States was recently in Liberia.

To make matters worse, he was admitted to a hospital in Texas and released back into the public with antibiotics. It wasn't until two days later that he went back to the hospital and they discovered that he had Ebola.

Those two days that he was not under quarantine could put up to a large amount of people he had contact with at risk of contracting the virus.

If there was any question whether or not travel should be banned from Guinea, Sierra Leone or Liberia, the answer should be a deafening yes at this point.

We cannot risk an outbreak in the United States and the fact that a man returned from one of these countries and possibly exposed other people to the virus should have political leaders demanding a common sense approach to make sure no other infected people make their way into the country.

If we ban travel for citizens to all of these countries, the risk of an outbreak in the United States would be greatly diminished.

Now let me be clear, although I believe that travel should be banned from these countries for everyday citizens, there is one exception that should be made. Doctors, nurses, and anybody that has been employed to those countries in order to help contain the virus should be allowed to travel back under quarantine in order to ensure they receive the best medical attention they can.

While banning travel was something that officials should've been considering in the past, the first confirmed case in the United States should have every citizen demanding some sort of preventive action to be taken immediately. A major outbreak in a Western country could cause mass hysteria and it would be in everyone's best interest to implement a ban now before a situation like that arises.

One ominous scenario has been suggested and it should definitely inspire some sort of action. Every time a new person contracts Ebola, the virus mutates. If it were to mutate into an airborne illness such as the flu, the results could be catastrophic.

Dr. Pardis Sabeti, an associate professor at Harvard and senior associate member of the Broad Institute, has worked along with other researchers at the Broad Institute in finding over 300 genetic changes in the virus.

"It's frightening to look at how much this virus mutated within just three weeks," Sabeti said.

Dr. Michael Osterholm, director of the Center for Infectious Disease Research and Policy at the University of Minnesota told CNN, "I can't imagine anything in my career -- and this includes HIV -- that would be more devastating to the world than a respiratory transmissible Ebola virus."

The fears being expressed by medical experts should resonate very deeply in the minds of every American.

I am not trying to stir up fear or cause anxiety; rather, I am attempting to offer a solution to something that could become a drastic problem in the future.

If we as a country take preventive action to isolate ourselves from the Ebola virus, only then can we tackle the heart of the problem in the epicenter of the outbreak.

## Watch the throne, Apple



BY BJ DARDEN  
Staff Writer

The Apple we once knew is not the Apple that is around today. As of late Apple seems to continuously trip themselves up over some sort of odd bug, or crippling problem with the hardware. And they're not alone anymore, they have competitors all around them looking to take Apple's throne at the top of the smartphone market.

I currently own an iPhone 5s and I love it, or at least I think I do. Since I've made the move to smartphones I've used nothing but an iPhone. I would be lying if I said I wasn't starting to feel the pull of other smartphone companies towards their products.

Compared to Apple, they're a lot less pricey, and I hear good things about phones like the Galaxy or the Nexus. As I walk around campus I see less and less iPhones, and more of Apple's competitors products.

Seeing things like the iPhone 6's bending myth 'bend-gate' happen doesn't give me much faith in Apple. I don't like pulling the "Steve Jobs card" either, but he was a huge reason Apple rose to the power that it did. As much of a jerk that Steve Jobs was, he was smart enough to know not to let things like that happen, it just seems like a dumb over-

sight.

I'm clearly not an Apple apologist, nor do I despise Apple and everything they stand for, but I like to see things through an objective light. They're starting to look less like a company that pushes for breakthroughs in technology, and more like a fashion statement. They overprice their phones, tablets and computers, then sell them to consumers for the label on the outside, instead of the power on the inside.

It just has me wondering, will Apple be the victim of its own hubris? When will the iPhone become too expensive to justify purchasing it over competing smartphone companies? When will the iPhone become too expensive for a device that often times is months behind other companies in software features?

Obviously when you're the king everything will be gunning for the throne. But will Apple be able to stand the heat? Watching as Apple continuously makes mistakes left and right, I'm left wondering, will I be able to stand the heat?

I'm starting to hear the call of other smart phones around the market. And now that the iPhone 6 has been revealed, and there is nothing here that's blowing me away, I'm not sure if I'll be able to stand in Apple's corner for much longer.

I've been a fan of my Apple smart phones for as long as I've been using them, but Apple has spent too much time at No. 1. I'm not the only one who thinks so either, there's an entire sub-culture of people who are against Apple and whatever they put out.

But as a consumer it's always important to remember that you're always supposed to win and you vote with your wallet.

Even if I do end up leaving Apple for some other company, it will be for good reason, and I'll most likely end up enjoying whatever new phone is in my pocket. But the best way to get Apple to get their act together is to let them know with your wallet.

## No Punkin Chunkin: a good thing?

BY CHRIS KRAUSS  
Editorial Editor

What is the appeal of taking an excess amount of pumpkins and slinging them hundreds of feet to a point where the viewer can't even see them?

Absolutely nothing.

To add to the massive amounts of complaints over the event being moved further from Salisbury University to Dover, Delaware, this year Punkin Chunkin was canceled after arrangements could not be made completely and quickly enough.

But really, this should not be a big deal because Punkin Chunkin is kind of awful anyway.

While many college students were disappointed in the cancellation, some people had to have found comfort in that pumpkins weren't going to be flung around by local and non-local community members and more so that they weren't going to have to stand around the hysteria caused by hundreds of drunk college kids rooting them on.

So here's the scene: you have hundreds of these students sur-

rounded by families who were just there to enjoy the "chunkin" or the (decrepit) fair, which is far from fair to them when we could party just about anywhere else and chunk our own pumpkins around.

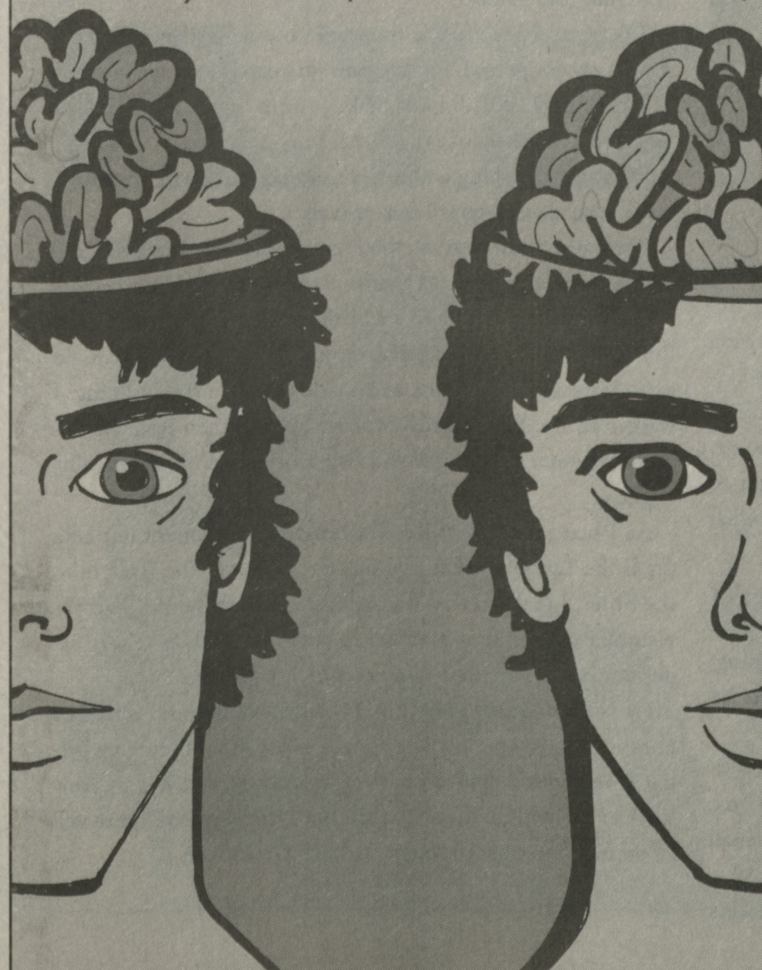
Even if Punkin Chunkin did manage to persist through and had been held this year, the tickets would have been outrageously expensive costing upwards of 100 dollars per vehicle. The one downside to Punkin Chunkin being canceled is all of the money raised by the event that is annually used to provide scholarships and help fund organizations that benefit youths will be non-existent. Not even a penny will be spent towards helping the community from the World Championship Punkin Chunkin Association until next year.

Other than that, not many other downsides exist. Less drunk college kids, less pissed off locals, less clean-up and less of a hassle. Sounds good to me.

So here's the scene: you have

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## New SU band strikes a chord with students

BY MEGAN NEWCOMER

Staff Writer  
@MeganNewcomer1

How do you balance school, with studying, homework and stress, as well as being in a band with practices, gigs and song writing and learning?

Senior Burt Tabet, bass guitarist of the band The Jesters joked, "We don't."

The band is made up of six Salisbury University students and balancing two completely different lives is exactly what this new band does. Not only are they striving to make this band more than just a hobby, but they are full time students pursuing music degrees.

"We play to touch the souls of our audience."

- Lead singer, Tyler Brunner

"If you really love something, you'll make it a priority no matter how busy things get," senior keyboardist Connor Bailey said.

The Jesters formed in April 2014 when they were sitting around a table and Tabet had an epiphany; "I thought we could be a band," he said.

And that's exactly what they did.

At first, when struggling with the name of the band, they chose to call themselves "We-A-Band."

After much debate, they stuck with The Jesters.

Senior Kevin Flinn plays the drums. Flinn has played in other bands in the past, but his most recent band slowly drifted apart so he decided to join with the others to create The Jesters.

Along with Flinn, senior Burt Tabet plays the bass guitar, on the keyboard is senior Connor Bailey, sophomore Zach Simms, or "Simba" and senior Louis Gomez play the guitar and the lead singer is senior Tyler Brunner.



Photo submitted.

Connor Bailey, Burt Tabet, Louis Gomez, Tyler Brunner, Zach Simms and Kevin Flinn bring a wide variety of personalities to the band, The Jesters.

The Jesters classify themselves as rock but say they have an alternative and jazz feel to their music. Some of the bands The Jesters say have influenced them include Queen, Blink-182, Maroon 5 and The Red Hot Chili Peppers.

The band is diverse when it comes to their backgrounds, which causes a unique sound creating potential for this band to stretch into many different genres. Despite all their differences, they complement each other.

Although the members are very vested in their band, SU is also very important to them.

They explained that a music degree provides many benefits that they would not want to give up and the experience with the music technology they are learning and using at SU is something they would completely miss out on if they dropped out. This experience gives them hope that they could produce their own music one day. And if they never came for the degree, their band would have never gotten together.

More information on The Jesters can be found on Facebook and they are performing at Oktoberfest on Oct. 8. They also plan on competing in Battle of the Bands during Homecoming Week with hopes of bringing home a win.

The Jesters don't just play for themselves, but they play for their fans.

"We play to touch the souls of our audience," Brunner said.

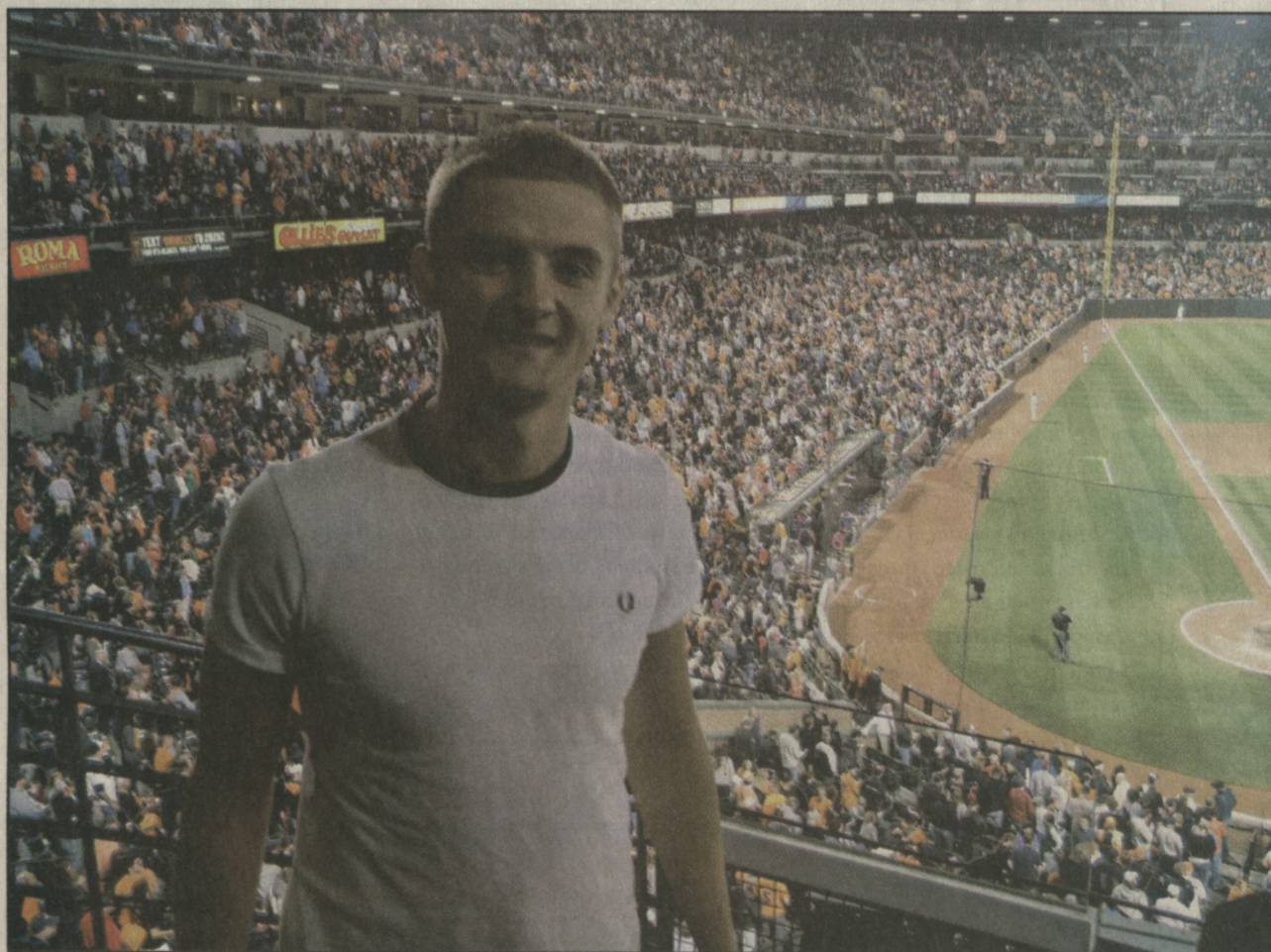


Photo submitted.

Shields experiences his first American baseball game.

BY DANIEL SHIELDS

Staff Writer  
@DanielShields94

My journey to Salisbury began over a year ago. Sitting in a sports studies lecture I was addressed by a member of Stirling University's exchange staff with a presentation filled with pictures of students who had travelled all over the world, including Australia, China, Canada, Spain and America.

I knew fairly early on that it was something that I was interested in doing and I was keen to find out more about where I could go to continue my studies. I filled out an application form and was granted a place in the exchange program in Stirling, which then allowed me to outline my top four choices of exchange universities.

As a sports studies and journalism student, I had to narrow my search down to the institutions which offered both of my subjects. After bit of research, I decided upon Salisbury, Massachusetts, San Diego and Sydney, Australia as my top four.

It was with great excitement that I received my acceptance

letter from Salisbury, which then allowed me to apply for my visitor's visa and start to think about my travel arrangements.

I am very thankful for the help I have received from the International Education Office at SU and from the growing number of welcoming students I have met so far. It is certainly making my time here very enjoyable and stress free.

As well as looking forward to meeting new people and experiencing a different culture when I accepted my place to study abroad in Salisbury, I was excited to travel and see what the surrounding area had to offer.

My previous experiences of America have both been on the east coast, with a childhood visit to Disneyland in Orlando preceding a family trip to New York in 2010. With Washington D.C. and Baltimore within driving distance I was keen to visit these places during my time in the States.

I recently had the chance to visit Camden Yards in Baltimore to watch the Orioles game against the Boston Red Sox. It was another 'first' for me as it was my first ever baseball game.

As it happened, my roommate's dad had won four tickets

## Salisbury through the eyes of a Scotsman

Daniel Shields shares his thoughts after attending an Orioles' game.

at his work and we were sitting in the expensive seats beside the commentary boxes – a steep rise in quality from the seven dollar student tickets we had looked at before the game.

Our seats were in front of the executive boxes and I looked on in awe as 'the other half' wined and dined whilst watching the game.

The atmosphere inside the stadium was brilliant with various sing-alongs and 'muscle cam' to keep the crowd amused between innings. I did not make it onto 'muscle cam,' but I am sure it was because the cameraman felt I was too mature for that sort of thing and it had nothing to do with my build, or at least that is what I told myself.

The game itself was exciting as the Red Sox snatched a 5-3 victory in extra innings thanks to a David Ortiz home run.

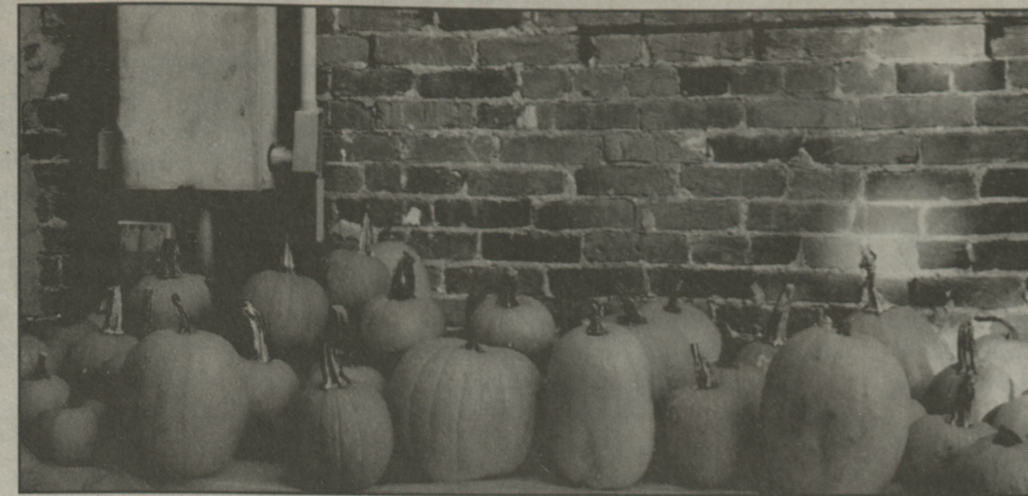
The following day I had a whistle-stop tour of Washington D.C., visiting The White House just a few hours before an intruder scaled the fence and made it inside the building. I walked to the Washington Monument and then past the numerous games of kickball and flag football on my way to The Capitol.

As I was standing at the Washington Monument, looking on at the Lincoln Memorial on one side and The Capitol to the other, I realised that it was images like this that I had envisioned when I first planned to study in the U.S. It was experiences like this that I had come here for.

I was very impressed with D.C.'s tidy streets and the large numbers of people playing sports in the Mall. I will be visiting Washington again as part of my onward travels to New York at the end of the semester, but I do not think there will be so many people playing sports in December.

## Student Health

### Health food of the week: Pumpkins



Megan Mahedy photo

BY MEGAN MAHEDY

Staff Writer

#### Pumpkins:

Calories per cup: 30

High in: Vitamin A, Potassium, Vitamin C, Fiber  
Best to buy: "Pie pumpkin" or "sweet pumpkin."

Did someone say pumpkin spice latte? Normally, when we think of fall, we picture Halloween, Thanksgiving and of course, endless pumpkins!

Pumpkin bread, pumpkin ravioli, pumpkin pie, pumpkin risotto, pumpkin beer – the options are manifold and endlessly mouthwatering.

A single serving of pumpkin gives you a whopping 197 percent of your daily value of vitamin A. Vitamin A is important because it helps form and preserves healthy skin, teeth, skeletal and soft tissue and mucus membranes. Also, Vitamin A is known as retinol because it produces the pigments in the retina of the eye. This is especially important for promoting good vision.

Pumpkins are also high in potassium. This mineral is essential in helping muscles and nerves communicate. It also helps move the waste out and the nutrients into our cells. A diet rich in potassium can help offset the harmful effects of sodium on blood pressure.

Pumpkins are high in fiber. Due to the high fiber content, pumpkins may aid in helping to maintain a healthy weight. They are rich in insoluble fiber that helps keep you fuller longer and may help curb cravings. Further, the carbohydrates in the vegetable are slowly released, which prevents sudden increase and decrease in blood sugar levels.

Due to the high levels of Vitamin C, pumpkins may also help with building healthy blood vessels and connective tissue. The Vitamin C that can be found in pumpkins is necessary for the aid and growth of repairing cells in the body. It helps repair cells of the skin, bones, ligaments and blood vessels.

Pumpkins are a great addition to a healthy diet and are a great way to incorporate the vitamins, minerals and fiber needed for optimal health.

#### Recipe of the Week:

##### Pumpkin Nut Bars

##### Ingredients

- 1 cup cooked pumpkin puree, fresh or canned
- 1/2 cup butter or extra virgin coconut oil (melted)
- 2 egg whites, slightly beaten
- 2 cups oats
- 1 cup coconut sugar or brown sugar, packed
- 1/2 cup unsweetened shredded coconut, toasted
- 1/2 cup ground flax seed or wheat germ
- 1 cup chopped pecans, or almonds

##### Directions

- 1.) Preheat oven to 350°F. In a large bowl, beat egg whites slightly; add pumpkin and melted butter or coconut oil beat until smooth.
- 2.) In another bowl combine oats, sugar, coconut, ground flax, and nuts.
- 3.) Fold oat mixture into pumpkin mixture to form stiff dough.
- 4.) Press dough into a lightly greased 15 1/2 x 10 1/2 inch jelly roll pan.
- 5.) Bake 40 to 45 minutes or until golden brown. While still warm, cut into 2x3 inch bars. Yield about 30 bars. Serve warm or cool completely.

### Stress as a motivator

BY MEGAN MAHEDY

Staff Writer

Stress makes you sick. It increases your risks of heart disease, the common cold and cardiovascular disease. But what if this was all in your head? What if stress was only unhealthy if you believed it was? I used to think stress was bad for you, but now I have changed my mind and I want to change yours too.

Within the Department of Population Health Sciences at the University of Wisconsin-Madison, researchers performed a National Health Interview Survey that followed 300,000 adults in the U.S. over eight years. She started by asking people, "How much stress have you experienced within the past year?"

They also asked, "Do you believe that stress is harmful for your health?"

After eight years, they used public death records to determine who had died and what they found was quite shocking.

According to the data, the participants who reported they had a significant amount of stress within the past year had a 43 percent greater chance of death; however, this was only true if the participants believed that stress could be harmful to their health. Meaning that these individuals who maintained high levels of stress and a negative perception, had an increased risk of premature death. The research suggests that if you change your mind about stress, you can change your body's reaction to stress.

Everyone has experienced that feeling of being under pressure; among other symptoms, your heart pounds and you get sweaty. But put stress in a different perspective. These feelings could be attributed to the fact that your body is becoming energized and physically getting ready to handle an important task.

In a study at Harvard University's Department of Psychology, researchers performed something called the "Social Stress Test." Before the test began, participants were informed that the stressful response would improve their performance. Researchers stated that the pounding of the heart would prepare them for action and breathing quickly would be beneficial, as it would supply more oxygen to their heart and brain.

Participants who learned to view their stress as a positive body function, also biologically, reacted positively with less stress and more confidence. The most intriguing part of this study was how their physical stress response changed drastically.

Stress contributes to cardiovascular disease by setting off a chain of events. In a stressful situation, increased heart rate causes blood vessels to constrict, which in turn decreases blood flow. In this Harvard University study, when participants were told that symptoms of stress are a good thing, their response was exceedingly different. In fact, it mirrored a biological response to that of a happy situation. The heart beat normally, vessels stayed relaxed and blood flowed regularly throughout the body.

This mental change, if practiced regularly, could be the difference between a self-induced heart attack and a perfectly healthy lifestyle living well into the 90s. The way one thinks about stress can and should be a powerful motivator. Hopefully, the next time one is in that stressful moment, remember to say, "This is my body aiding me in my pursuit to rise to the challenge at hand," because when the brain mentally believes stress is good, the body does too.

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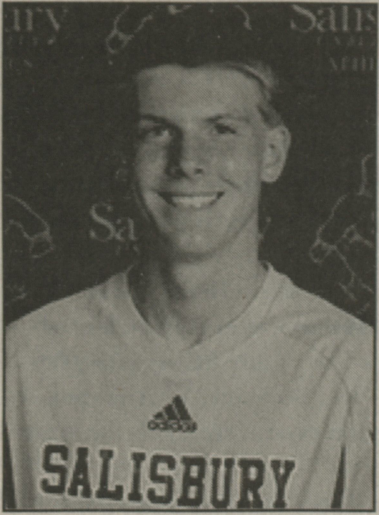
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## Junior defender Johnson adds to his full schedule



SU Athletics photo

BY NICK DIMATTEO  
Staff Writer

For most college students, joining other organizations on campus can be difficult. Students can be under a lot of stress because of the difficulty balancing workload from school, time spent with the club or organization and social time, which creates a very busy environment.

"I have very late nights and get up early for my classes. I try to take short naps before practice, go to practice, eat something, and then complete my schoolwork."

- Junior, Zach Johnson

For Zach Johnson, being busy is an understatement.

Johnson is a double major in computer science and mathematics and the junior is also a defender on Salisbury University men's soccer team. Now, Johnson is adding something else to his plate; he is joining the Alpha Sigma Phi fraternity this semester.

"The life of an athlete is extremely time consuming but enjoyable," Johnson said. "I wanted to see how others involved in Greek life experience college."

Johnson has been playing soccer for 15 years and has been playing since he was five-years-old, when his mom was his coach. He started playing competitive soccer when he was 13 and he has been on the Salisbury soccer team since his freshman year in 2012 and is currently in his third season with the Sea Gulls.

"Growing up, my parents have always encouraged me to do the best that I can and that's what I do," Johnson said. "I always enjoyed the continuous play, being able to rely on my teammates and the rush that is experienced when scoring a goal."

Johnson has decided to expand his Salisbury family and hopes to be able to rely on a new set of teammates when he joins Alpha Sigma Phi.

"I had never showed any interest in Greek Life until my roommate, Tyler Chenoweth, introduced me," Johnson said. "I never considered doing it until this year because I already had my soccer family, this year I decided I wanted to extend my family. I wanted to experience a different side of college life."

Between the school, sports and now a fraternity new challenges await for trying to keep a balanced schedule.

"I have very late nights and get up early for my classes," Johnson said. "I try to take short naps before practice, go to practice, eat something, and then complete my schoolwork."

Sometimes either soccer or fraternity has to be missed because school takes priority over both. However, Johnson is looking forward to what Greek Life has in store.

"There are times when I will have a game and I have to get most of my work done on the bus so I will not have to be up too late," Johnson said. "Other times I go to Alpha Sigma Phi chapter meetings, which put my schoolwork on pause and I also miss some fraternity events due to soccer but the guys are very understanding."

Now, with a new organization, he hopes to extend his Salisbury family with a good group of guys who look to further themselves. He plans to connect with the brothers of Alpha Sigma Phi and their alumni in order to gain knowledge outside of his major and gain friendships and connections that last a lifetime.

Disclaimer: Nick DiMatteo is also a member of the Alpha Sigma Phi fraternity.

## From red-shirt freshman, to captain, LaNeve defies the odds, comes full circle

BY BRIAN WOODROFFE  
Staff Writer

Playing college football is far from easy and is not meant for everyone.

The sweat, skill and hard work that are put in just for a six-second play can be overwhelming for some athletes. A college football team tries to find the best recruits they can get their hands on to build a powerhouse team to put on the field for Saturday afternoons.

But just like any sports team with tons of talented players, it's hard to get every player any playing time, much less the time that the player is looking for.

For a player like Sea Gulls' offensive lineman Ben LaNeve, finding a team to get the playing time on the field he felt he deserved sent him on a journey from his home in Preston, Maryland to West Virginia, and now to Salisbury University.

LaNeve's college football career started out at Division II Shepherd University in Shepherdstown, West Virginia where he was red-shirted as a freshman. Now, as a junior on the field and a senior in the classroom, LaNeve is one of the team captains for the Sea Gulls football team here at Salisbury University.

But how did the six-foot-one, 270 pound guard arrive at Salisbury?

After a rough start to his sophomore season at Shepherd, LaNeve left, and returned home to the Eastern Shore to take classes at Chesapeake College in Wye Mills, Maryland.

"Some stuff went down and I ended up leaving camp early [at Shepherd] and I took that year off," LaNeve said.

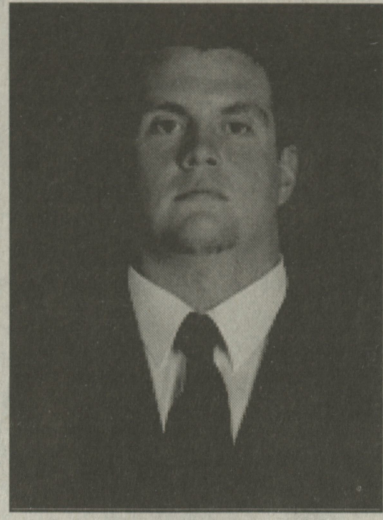
A lack of athletic ability was never in question when it came to LaNeve. The former two-sport athlete was a star player at North Carolina high school after transferring from cross-country rival Colonel Richardson during his junior year. LaNeve played on both sides of the ball on football and was one of the key components to the North Carolina Bulldogs' offense, gaining interest from nearly 40 colleges for his play including Division I programs like Towson and Robert Morris.

LaNeve also found success in baseball, playing first baseman and pitching for the Bulldogs and the Colonels. In his younger days, LaNeve played for a championship in the Little League World Series in 2004 for the Mid-Atlantic squad from his hometown, Preston, Maryland.

"Yeah I miss playing two sports, but college football is an all year thing and a total commitment," LaNeve said. "Baseball was my number one sport but I messed my shoulder up so I started focusing more on football and baseball ended up being only something to fill up time before football season."

After a long, thought-out process and many recruiting visits, LaNeve chose to sign with the Shepherd Rams during his senior year of high school in 2010; a team already loaded with a talented offensive line. After spending only part of training camp as a red-shirt freshman, there was something that forced LaNeve to change.

"Once issues came up I just ended up just taking the semester off and taking a class at a local community college, since that was all I could afford," LaNeve said. "After spending sometime there, I started talking to some other coaches and see if I could come on a team."



SU Athletics photo

LaNeve didn't want to spend the rest of his college life at home and at Chesapeake; he wanted to play football again and began his search for his new home and team. Since LaNeve was transferring without using his eligibility he did not have to sit out the following year.

"I'm a huge believer in transfers, mainly from a second opportunity standpoint," Sea Gulls' Head Football Coach Sherman Wood said. "Sometimes we have guys that come in looking for more playing time while others from higher levels thinking they'll come in right away and dominate but it's not that way; not here at Salisbury because we have to have good, quality players here."

LaNeve showed some interest in Salisbury during his selection process during his senior year of high school and once he began looking for a new place to play, SU, just 39 miles from Preston, appeared at the top of LaNeve's list.

"I knew some of the coaches down here already, I live not that far from here and really liked the atmosphere the campus had," LaNeve said. "It made me feel like I was home."

The Sea Gulls run a triple-option style offense, using the running game and play action pass for huge gains to put points on the board. The style depends heavily on offensive linemen having good footwork, explosiveness and being able to take on blocks on all three levels of the defense; all three skills that LaNeve was known for excelling at coming out of high school.

"Our offensive line can't be the old blue collar, real big guys, they have to be able to move and have great footwork," Wood said. "Bringing in offensive linemen is very, very important and we go into great depth when we pick them through video and talk to their high school coaches."

"Ben was one that stood out among others and he has done a great job for us." LaNeve's playing ability and leadership on and off the field spoke wonders on the type of individual he was, so when it came time to select captain for this season, Coach Wood realized he stood out from other candidates.

"We asked our guys at the end of last year, what guys they believed should be captain, and we made a tally chart for the top four or so," Wood said.

Wood explained that those players were given a chance to express to the team why they would make a good captain, and then the voting process would start again.

"You go through that process, you have a team member come in one-on-one and mention your name and after your presentation your name still pops up, there's no question in my mind that they should be selected," Wood said. "Ben was one of those guys."

"I knew some of the coaches down here already, I live not that far from here and really liked the atmosphere the campus had. It made me feel like I was home."

- Senior offensive lineman, Ben LaNeve

Through the transfers, ups-and-downs and setbacks, LaNeve has now come full circle. From a red-shirted freshman to the leader of his team. It may have shocked him at first, but he understood his responsibilities, and he realizes how far he has come.

"It means a lot because they chose me and it showed that they felt comfortable with me leading them," LaNeve said. "It's a great honor and responsibility and I understand what it means. I'm still figuring out how to lead in the best way, but I feel that myself and the other captains are doing a great job."

## Luc strikes late as the Sea Gulls top Frostburg

BY MICHAEL FINLEY  
Staff Writer

The Salisbury University women's soccer team faced off against Frostburg State on Saturday and in what has been a common fashion for games this season, the final outcome went down to the wire.

Junior Victoria Luc scored the only goal of the game in the 87th minute, leading the Sea Gulls to a 1-0 victory and their fourth straight win.

"She's been doing it all season for us," Sea Gulls Head Coach Kwame Lloyd said. "She did it last game when she got bit by a dog before-hand and still did it for us."

The Sea Gulls (5-3-3) dominated the game but couldn't get the ball in the net; the team had 19 missed shots before Luc's goal. In particular, close shots from sophomore Jenny Gavigan in the 22nd minute and shots from juniors Jenna DeLetto, Logan

O'Meara and Casey Arnone afterwards could have made the game a lot less close, but neither shot was able to land in the back of the net.

"I don't look at it as 19 misses," Lloyd said. "I look at it as 20 attempts."

Luc finally found a hole in the Frostburg defense around midfield and got the ball down the field before kicking it past Frostburg's goalkeeper, Katie Smith and into the net for the game winner. It was Luc's second straight game with a game-winning goal and the Pasadena, Maryland native's fifth overall goal on the season.

While the Sea Gulls' offense struggled early, the defense remained stout and allowed just seven shots in the entire game. With just five seconds left to go in the game, Frostburg junior Erin Worthman tried to tie the game up with a shot-on-goal but it was blocked by Gavigan who slid in

to keep the ball away.

Sea Gulls' senior goalkeeper Michelle Conrad had a strong performance as well, registering two saves in her fifth shutout of the season.

This game for the Sea Gulls was about raising awareness for breast cancer awareness too, as it was their annual Pink Day. All proceeds for the game went to the Susan G. Komen Foundation for cancer research.

The Sea Gulls will be away for the next two weeks as they embark on a three game road trip, playing against Capital Athletic Conference opponents Penn St.-Harrisburg, St. Mary's and Marymount before returning home on Oct. 18 to face off against Mary Washington.

## Mens soccer tops Mary Washington, remain undefeated



Megan Findle photo

Senior defender Jeff Byrnes takes the ball from an opposing forward.



Megan Findle photo

Kyle Westbrook and Nathaniel Eiben battling for possession of an air ball



Megan Findle photo

Senior forward Tanner East moving past a Mary Washington defender.

BY NICK DIMATTEO  
Staff Writer

The Salisbury University men's soccer team recorded its eighth victory of the season in a battle against Mary Washington in a 1-0 final.

The No. 20 Sea Gulls (8-0-3) remain undefeated, as the offense controlled the ball for most of the match.

"I thought we controlled a lot of the game," junior midfielder Michael Freney said, "We got to do a little better finishing our chances since it is a one score game."

The Sea Gulls managed seven shots to Mary Washington's (4-5-2) three during the first half and at the 31st minute Freney scored the only goal of the match from a few yards out from the right post; thanks to the assist from sophomore forward Nicholas McCrea. The goal was Freney's first of the season and it was also McCrea's first assist.

Immediately after scoring the goal Freney took off towards the lacrosse couch to celebrate with them, and even got to sit on the couch for a moment.

"It's awesome having them here, those are our boys," Freney said. "It's great that everyone in the Sea Gull community can come support each other."

The second half was much like the first half as the Sea Gulls were able to maintain possession for a majority of the time. The offense was able to blast five more shots. Jeff Byrnes, Chris Kittelberger, Stephen Poorman, Benjamin Aryceety, Tanner East, Kevin Miller and Brooks Zentgraf all contributed to the Sea Gulls offensive attack.

"Our hope was that we wanted to go at them wide," Sea Gulls Head Coach Gerry DiBartolo said. "We wanted to turn the corner and drive the end line, and when we did that we were very dangerous, but unfortunately we tended to stray away from that at times which allowed them to counter forcing us to scramble to try and match up."

The Salisbury defense led by senior defenseman Kyle Westbrook and Logan Becker allowed only eight shots all game, three of which were on goal. Junior goalkeeper Drew Staedeli recorded three saves, and now has seven shutouts for the season.

At half time, Salisbury recognized seven former players who have been placed on the CAC Men's Soccer Anniversary team, including former players Jason Cranford, Justin McGrath, Darren LaRocque, Kyle Sterling, Matt Tischman, Mike Napolitano and Paul Kelly.

The Sea Gulls are back in action Wednesday, Oct. 8 at home against St. Mary's College where the team will look to continue their unbeaten streak.

## The Weekly Dig



### Sea Gulls fall in annual "Dig Pink" game, but played hard for a greater goal

BY MEGAN NEWCOMER  
Staff Writer  
@MeganNewcomer1

The Salisbury University women's volleyball team played in one of their most suspenseful games yet this season against Christopher Newport last Tuesday night and the game went to five sets.

Unfortunately for the lady Sea Gulls they fell 7-15 in the final set, putting another in the loss column to bring their record to 14-6 on the season.

The loss was a rough one, but it was just a minor setback for these girls in their Capital Athletic Conference opener, and they will look to bounce back this week against St. Mary's on Wednesday. But the significance of this game wasn't about the final score, it was about the cause.

Every October, most volleyball teams will host an annual game that they call "Dig Pink" because October is breast cancer awareness month. When teams host these games, they promote the awareness by decorating everything in pink and encouraging donations.

The gymnasium in Maggs Physical Activity Center at Salisbury was filled with a huge crowd decked out in pink and the volleyball girls all had on their pink headbands and pink tape across the toes of their shoes. The gym was decorated with pink balloons and pink streamers, making sure that the message was clear.

Interestingly, the crowd was larger, they were loud and the girls played with more energy than they have for a while. Of course the girls are already great and enthusiastic about the game, but Tuesday night was different perhaps because of the purpose for this game meant more for them. Or maybe it was the roaring crowd that was there to support them. Whatever it was, it made for a great game.

Did Dig Pink affect the teams playing though?

"We get really excited about it," freshman setter Rachel Pierson said. "We want to promote and support breast cancer awareness, and raise some money for the cause too."

Even with the loss, watching this game was electrifying and all of the sets were so close. In the first set Christopher Newport won with a final score of 26-24. Then the Sea Gulls fought back winning the next set, 25-23. The suspense continued when Christopher Newport won the third set 26-24 and the Sea Gulls bounced back winning with the same score again in the fourth set, 25-23, before Christopher Newport captured the win in the last set.

Both teams were exceptional and really made each other fight and fighting the battle was exactly the theme for the night. It is not whether they won or lost, it is how hard the Sea Gulls fought and how strong they held together; and these girls did just that.

Megan Newcomer is a freshman here at Salisbury University majoring in management marketing and BEA with a concentration in drawing. She played volleyball for six years between middle and high school.



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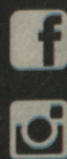
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